

# #OTalk Transcript

Healthcare social media transcript of the #OTalk hashtag.

Tue, January 15th 2019, 8:00PM – Tue, January 15th 2019, 9:15PM

(Europe/London).

See #OTalk Influencers/Analytics.



**OTalk** @OTalk\_

7 days ago

Evening folks! Thanks for joining us, its @Kirstie\_OT on the #OTalk account tonight. This evening we are talking about “applying your learning in practice” with @SLawsonOT. Give us a hello if you are out there. <https://t.co/0b8ptjorgt>



**FOX Rehabilitation** @FOXRehab

7 days ago

#FOXCastOT: We are continually updating our #EHR system based off the latest evidence that's out there. #OTalk Google Play: <https://t.co/wypXDBG3rH> Stitcher: <https://t.co/gqI51MvTov> TuneIn: <https://t.co/3L5fj3Etyh> Apple Podcasts: <https://t.co/fCnUSILWxd>



**Carolina Cordero** @colourful\_ot

7 days ago

@OTalk\_ @Kirstie\_OT @SLawsonOT Hello! 😊 #OTalk



**sarah** @sarah98865006

7 days ago

@OTalk\_ @Kirstie\_OT @SLawsonOT Hello #OTalk



**Beth** @bethty\_s

7 days ago

@OTalk\_ @Kirstie\_OT @SLawsonOT Hello!! #OTalk 😊



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

Evening all #OTalk, looking forward to chatting all things CPD especially on the launch of the new Principles for CPD and Lifelong learning #CPDtogether <https://t.co/ezHzmnvCIZ>



**Sophie is my name.** @ciderwithsophie

7 days ago

@OTalk\_ @Kirstie\_OT @SLawsonOT Hello. Not mentally prepared for this after the #BrexitVote latest...!! #OTalk



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@colourful\_ot @OTalk\_ @Kirstie\_OT Hi Carolina, glad you could join us #otalk



**OTalk** @OTalk\_

7 days ago

RT @SLawsonOT: Evening all #OTalk, looking forward to chatting all things CPD especially on the launch of the new Principles for CPD and Li...

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@sarah98865006 @OTalk\_ @Kirstie\_OT Hi Sarah, welcome to #OTalk

**OTalk** @OTalk\_

7 days ago

The usual #OTalk house keeping applies. Please remember that your code of ethics applies online as it does in practice. <https://t.co/9tcKS2pzfw>

**Deb Hearle** @hearled

7 days ago

@SLawsonOT Great timing! #otalk

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@bethty\_s @OTalk\_ @Kirstie\_OT Hi Beth, welcome to tonight's #OTalk

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

Q1: What types of activities have you learnt the most from this year? #OTalk

**OTalk** @OTalk\_

7 days ago

Please be mindful & respectful of others & their views, we are all here to share & learn with each other. If anyone has any concerns or questions you can drop me a DM at anytime. #OTalk <https://t.co/eZWBKoXfkq>

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@AideenKa @OTalk\_ @Kirstie\_OT Welcome to #otalk Aideen

**Jenny R** @JR1OT

7 days ago

@OTalk\_ @Kirstie\_OT @SLawsonOT Hello #OTalk

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@ciderwithsophie @OTalk\_ @Kirstie\_OT Yes, the country is in disarray and here we are #otalk

**OTalk** @OTalk\_

7 days ago

Last thing to remember, and this is the BIG one... please remember to include the #OTalk hashtag in all your tweets. If you dont people wont be able to see what you have to say or engage with you. <https://t.co/fczhPmKoke>

**Michele Morgan** @MicheleMorganOT

7 days ago

RT @OTalk\_: Last thing to remember, and this is the BIG one... please remember to include the #OTalk hashtag in all your tweets. If you don...

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@otramblings @OTalk\_ @Kirstie\_OT Hi Minh, please make sure you include #otalk in all your tweets so they show up in the conversation

**Gilly- does- Doing** @GillyGorry

7 days ago

Evening all #otalk looking forward to tonight's chat #cpd <https://t.co/cLUQFwbbBp>

**OTalk** @OTalk\_

7 days ago



With all the housekeeping done with, lets hand over to our host @SLawsonOT to get the #OTalk discussion rolling! <https://t.co/9rG020SyQj>

**Deb Hearle** @hearled

7 days ago

@SLawsonOT #otalk participating in the review of the CPD standards helped me to further develop my research and thinking around CPD Aand TRAMmCPD

**Chloe Hague** 🌻 @ChloeHagueOT

7 days ago

@OTalk\_ @Kirstie\_OT @SLawsonOT Hello! 🙌 #OTalk

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

RT @OTalk\_: Please be mindful & respectful of others & their views, we are all here to share & learn with each other. If anyone has any con...

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

RT @SLawsonOT: Q1: What types of activities have you learnt the most from this year? #OTalk

**OTalk** @OTalk\_

7 days ago

Question 1... #OTalk (@SLawsonOT, a total pro as always, think i will just put my feet up for this chat 😊)

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

RT @OTalk\_: Question 1... #OTalk (@SLawsonOT, a total pro as always, think i will just put my feet up for this chat 😊) <https://t.co/0721mW6...>

**Michele Morgan** @MicheleMorganOT

7 days ago

@OTalk\_ @SLawsonOT Q1 #OTalk going low tech this year with leather work and metal stamping. Nice to have unplugged options:)

**Gilly- does- Doing** @GillyGorry

7 days ago

@SLawsonOT A mix of learning from personal experience, professional experience, reflection, reading, training. And #otalk of course

**Emma Pickup** @EmmaP\_OT

7 days ago

@SLawsonOT First time joining in #otalk ! 🙌 hi! Personally, as a student, my time on placement has been invaluable, particularly kitchen assessments looking specifically at cognitive impairment have really helped my understanding of activity analysis

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@hearled Me too! #OTalk

**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

RT @OTalk\_: Question 1... #OTalk (@SLawsonOT, a total pro as always, think i will just put my feet up for this chat 😊) <https://t.co/0721mW6...>

**Sophie is my name.** @ciderwithsophie

7 days ago

@SLawsonOT Reading , my development module and training #OTalk

**OTalk** @OTalk\_

7 days ago

@EmmaP\_OT @SLawsonOT Welcome aboard Emma! Shout if you need anything #OTalk

**#Hellomynnameis Sarah** @SLawsonOT

7 days ago

@GillyGorry And being a volunteer for the @NW\_RCOT #otalk!

**#Hellomynnameis Sarah** @SLawsonOT

7 days ago

Q2: If you were at #RCOT2018 in person, followed sessions on Twitter or read any of the blog squad posts what were your most significant learning points, and which have you applied in practice? practice in some way? #OTalk

**Carolina Cordero** @colourful\_ot

7 days ago

@SLawsonOT Is that this year as in 2018 or 2019? If it's 2019 I haven't had many learning opportunities yet; for 2018 I'd say the activities that taught me most were my experiences on placement 😊 #OTalk

**#Hellomynnameis Sarah** @SLawsonOT

7 days ago

@EmmaP\_OT Welcome to #otalk Emma

**deb\_OT** @dmay\_ot

7 days ago

Evening! I've learned a ridiculous amount from placement; including a good way to organise my CPD file and the kind of things I can put in it! #otalk

**Minh Tran** @otramblings

7 days ago

@SLawsonOT For me, it has been a mixture of learning on the job (bit of good ol trial and error), self directed learning and workshops. I've recently rotated into a new clinical specialty area so a lot of things are new to me #Otalk

**Sophie Heywood** @SophieHeywood29

7 days ago

RT @OTalk\_: Question 1... #OTalk (@SLawsonOT, a total pro as always, think i will just put my feet up for this chat 😊) <https://t.co/0721mW6...>

**#Hellomynnameis Sarah** @SLawsonOT

7 days ago

If you did not attend #RCOT2018 what other events have you learnt the most from and which have changed your practice? #OTalk

**Jenny R** @JR1OT

7 days ago

@SLawsonOT Being a practice educator and providing clinical placements for students



#OTalk

**Rachel** 🌙 @\_rachelOT

7 days ago



@SLawsonOT Hi #otalk 😊 I have found project work the most useful - setting up @senseaware\_sw has offered experience in networking, business plans/pitches, supervision, running groups, applying for funding and most importantly remaining person centred! As a student this has been invaluable!

**Kirstie** @Kirstie\_OT

7 days ago



Being a patient over the last few months has given me alot to reflect on. Learnt alot about the type of OT i am and my expectations of other professionals. #OTalk

**Chloe Hague** 🌻 @ChloeHagueOT

7 days ago



@SLawsonOT As a student OT I have found I have learnt the most from hands on placement experience and reflecting on this learning #OTalk

**#Hellomynameis Sarah** @SLawsonOT

7 days ago



@ciderwithsophie I am intrigued by your tweet this morning, is there anything in particular which prompted your thoughts about 'what shall i do with this now?' #otalk does anyone else have this feeling?

**Deb Hearle** @hearled

7 days ago



@colourful\_ot @SLawsonOT And being on the Learning and Development Board #otalk ..... a plug for the new opportunities for others to join us - great learning opportunity @rcot

**#Hellomynameis Sarah** @SLawsonOT

7 days ago



RT @hearled: @colourful\_ot @SLawsonOT And being on the Learning and Development Board #otalk ..... a plug for the new opportunities for oth...

**Kirstie** @Kirstie\_OT

7 days ago



@hearled @SLawsonOT Agree... lots of learning this year about my perceptions of and participation in CPD, and how it may differ from others. #OTalk

**Dr Stephanie Tempest** @SetG75

7 days ago



@SLawsonOT Working with 20+ other professional organisations to write this has taught me so much about the value of multiple perspectives and how to negotiate / identify what we have in common #CPDTogether #OTalk <https://t.co/kDMA69Jhve>

**#Hellomynameis Sarah** @SLawsonOT

7 days ago



@colourful\_ot Good question, anytime. I wrote the blog back in October ! #otalk It's more to prompt thoughts around the types f learning activities you may (or may not ) be engaging in #OTalk

**Sophie is my name.** @ciderwithsophie

7 days ago



@Kirstie\_OT Lived experience is so powerful. Hope you're ok #OTalk



**OTalk @OTalk\_**  
Question 2... #OTalk

7 days ago



**Bill Wong, OTD, OTR/L @BillWongOT**  
Late to the party. #OTalk

7 days ago



**sherlyn graham @sherlynmelody**  
I'm late! 🙋 We had a training session in Parkinson's it was amazing I followed up by sharing my New learnt experience with my team #OTalk

7 days ago



**OTalk @OTalk\_**  
RT @SLawsonOT: Q2: If you were at #RCOT2018 in person, followed sessions on Twitter or read any of the blog squad posts what were your most...

7 days ago



**OTalk @OTalk\_**  
RT @hearled: @colourful\_ot @SLawsonOT And being on the Learning and Development Board #otalk ..... a plug for the new opportunities for oth...

7 days ago



**#Hellomynameis Sarah @SLawsonOT**  
@dmay\_ot and hopefully beginning to get your head around the difference between Monitor and measure? #otalk

7 days ago



**#Hellomynameis Sarah @SLawsonOT**  
RT @dmay\_ot: Evening! I've learned a ridiculous amount from placement; including a good way to organise my CPD file and the kind of things...

7 days ago



**Monica Iofciu\_OT @Monicalofciu**  
RT @SLawsonOT: Q1: What types of activities have you learnt the most from this year? #OTalk

7 days ago



**Bill Wong, OTD, OTR/L @BillWongOT**  
@OTalk\_ @SLawsonOT I would say taking on placement students. Really forced me to take my time to break down what I know to teach to students. #otalk

7 days ago



**sherlyn graham @sherlynmelody**  
@BillWongOT #otalk that makes 2 of us 😊

7 days ago



**Sophie is my name. @ciderwithsophie**  
@SLawsonOT I recently looked at the #OTshow videos which has inspired me to consider lego use with older adults #OTalk

7 days ago

**Monica Iofciu\_OT @Monicalofciu**  
RT @SetG75: @SLawsonOT Working with 20+ other professional organisations to write this has taught me so much about the value of multiple pe...

7 days ago





**Carolina Cordero** 🌈 @colourful\_ot

7 days ago



@ChloeHagueOT @SLawsonOT Same here! I have a debrief tomorrow morning for the placement I finished just before Christmas - seems like ages ago now after the holidays but I think it'll still be useful to look back on it and pick out the important things I've learned #OTalk



**OTalk** @OTalk\_

7 days ago

Great example of how to share knowledge and learning #OTalk



**Gilly- does- Doing** @GillyGorry

7 days ago

@SLawsonOT @NW\_RCOT Indeed! I've done a lot, but I'm a bit disorganized currently #otalk



**OTalk** @OTalk\_

7 days ago

@BillWongOT Better late than never folks! #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

RT @ciderwithsophie: @SLawsonOT I recently looked at the #OTshow videos which has inspired me to consider lego use with older adults #OTalk



**Dr Stephanie Tempest** @SetG75

7 days ago

@otramblings @JR1OT @SLawsonOT Completely agree - working with students to support their placement learning provides really rich #CPD opportunities for us inc leadership, facilitation of learning etc @MMShiells #OTalk



**sherlyn graham** @sherlynmelody

7 days ago

@OTalk\_ I even did a little quiz 🙌🏻 #otalk 🤪



**OTalk** @OTalk\_

7 days ago

RT @SetG75: @SLawsonOT Working with 20+ other professional organisations to write this has taught me so much about the value of multiple pe...



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@JR1OT Yes, students can be a real catalyst for CPD #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

@OTalk\_ Last week I was a few hours late post tweeting... since I had job orientation at that part of day. #otalk



**Sophie Heywood** @SophieHeywood29

7 days ago

@SLawsonOT First time on #OTalk. I am a student OT and one of my best experiences was volunteering for @CalvertTrust last September. The instructor taught me how to safely help someone get down a steep slope in a wheelchair using just a rope and our

muscle power #problemsolving



**Aideen Carroll** @AideenKa

7 days ago

@OTalk\_ @SLawsonOT Q1 #OTalk I'm an OT student. I haven't really started my CPD activities yet this year. However, I have found that I learn better when the activity is practical.



**Student Platform OT** @SPOTeurope

7 days ago

RT @OTalk\_: Question 1... #OTalk (@SLawsonOT, a total pro as always, think i will just put my feet up for this chat 😊) <https://t.co/0721mW6...>



**OTalk** @OTalk\_

7 days ago

Anyone else think "what shall I do with this now" after training or learning event? #OTalk



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@\_rachelOT @senseaware\_sw Yes, all those leadership and business skills are potentially just as valid towards your CPD #otalk



**sherlyn graham** @sherlynmelody

7 days ago

@SophieHeywood29 @SLawsonOT @CalvertTrust #otalk that sounds very interesting did you do a #riskassessment 😊



**lamAnOT** @lamAnOT19

7 days ago

Good evening #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

RT @SLawsonOT: @\_rachelOT @senseaware\_sw Yes, all those leadership and business skills are potentially just as valid towards your CPD #otalk



**Sophie is my name.** @ciderwithsophie

7 days ago

@SLawsonOT For example I was on safeguarding officer training and there was mention of self neglect, I recognised a learning need so an action is for me to book on the training ... #OTalk 1/2



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

RT @Kirstie\_OT: @hearded @SLawsonOT Agree... lots of learning this year about my perceptions of and participation in CPD, and how it may di...



**Gilly- does- Doing** @GillyGorry

7 days ago

@Kirstie\_OT Same here. I've had a positive experience of being a service user this past few years. Well mostly.. lots of experience made me question things #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

@SLawsonOT @\_rachelOT @senseaware\_sw And speaking of which... I consider curating a TEDx event as an ongoing one. I learned so much about what I do well as a leader and what I still need improvement on. #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

RT @AideenKa: @OTalk\_ @SLawsonOT Q1 #OTalk I'm an OT student. I haven't really started my CPD activities yet this year. However, I have fou...

**Deb Hearle** @hearled

7 days ago

@colourful\_ot @ChloeHagueOT @SLawsonOT Good point #otalk sometimes it is really helpful to take a step back and forget about it for a short while ....revisiting can then allow you to see things through a different lens and learn more deeply from it

**#Hellomynnameis Sarah** @SLawsonOT

7 days ago

@Kirstie\_OT @hearled Our conversations have led to some of my greatest learning that I have been able to apply within my research #otalk The conversations, real and virtual have helped to clarify my thoughts

**Sophie is my name.** @ciderwithsophie

7 days ago

@SLawsonOT But I also thought, ok so now how am I taking this back to my team? The information gained will be shared in a meeting to inform best practise. So many other examples.... #OTalk

**Gilly- does- Doing** @GillyGorry

7 days ago

@OTalk\_ All the time. Isn't that what makes it CPD? We have to use the learning #otalk

**deb\_OT** @dmay\_ot

7 days ago

Regularly! As a student I don't feel I have anywhere to USE the things I'm learning yet. It's all filed away for when I get to the real world. #otalk

**#Hellomynnameis Sarah** @SLawsonOT

7 days ago

@Kirstie\_OT @hearled Also, the impact that others have on us #CPDnerds @hearled and I have lots of findings about the influence of others #otalk

**#Hellomynnameis Sarah** @SLawsonOT

7 days ago

Q3: How have you applied what you have learnt from your activities to benefit yourself? #OTalk

**#Hellomynnameis Sarah** @SLawsonOT

7 days ago

RT @SetG75: @SLawsonOT Working with 20+ other professional organisations to write this has taught me so much about the value of multiple pe...

**#Hellomynnameis Sarah** @SLawsonOT

7 days ago

RT @OTalk\_: Question 2... #OTalk <https://t.co/ErfzvX92SH>

**OTalk** @OTalk\_

7 days ago

Absolutely...But does it always happen? Do we know how to apply it? Do we mean to come back to it and then move on? #OTalk

**Sophie is my name.** @ciderwithsophie

7 days ago

@BillWongOT @SLawsonOT @\_rachelOT @senseaware\_sw Oh bill, back on recruiting people for Tedtalks 😊😊 #OTalk

**OTalk** @OTalk\_

7 days ago

Question 3... #OTalk

**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

@ciderwithsophie @SLawsonOT @\_rachelOT @senseaware\_sw New year... this old me is back. 🙄 #otalk

**OTalk** @OTalk\_

7 days ago

#OTalk

**Student Platform OT** @SPOTEurope

7 days ago

RT @OTalk\_: Question 3... #OTalk <https://t.co/TtSVwICCK1>

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@ciderwithsophie @Kirstie\_OT will love you #otalk

**Carolina Cordero** 🌈 @colourful\_ot

7 days ago

@heard @ChloeHagueOT @SLawsonOT Definitely! I think in this case the time gap between the placement ending and our class debrief had more to do with the timing of the Christmas break than a deliberate choice, but it's worked out well for me because I think I needed all that time to reflect #OTalk

**Deb Hearle** @heard

7 days ago

@GillyGorry @Kirstie\_OT Same for me when I was a carer #OTALK - really gives you a different and invaluable perspective .....important to learn and grow from it

**sherlyn graham** @sherlynmelody

7 days ago

@OTalk\_ #otalk all the time. You end up collecting lots of info that you forget about. Not great and when you do need it, it makes no sense 🙄

**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

@OTalk\_ Yes- and I am hoping to be an effective adjunct instructor. #otalk

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@colourful\_ot @ChloeHagueOT and hopefully you'll continue to reflect on what you have learnt and how you are developing. Also help you identify new learning needs/set new goals #otalk

**Dr Stephanie Tempest** @SetG75

7 days ago

At my recent school governor training session, we had an action plan sheet which we filled in as the session progressed 👍 It made it so easy for me to pick up the "where next" afterwards #OTalk

**Deb Hearle** @hearled

7 days ago

@SophieHeywood29 @SLawsonOT @CalvertTrust Volunteering can be an invaluable CPD experience #OTALK never underestimate the value of this

**OTalk** @OTalk\_

7 days ago

Interesting point...applyinf it theoretically in discussion & assignments can be a good way of unpicking and understanding prior to "real world" application. #OTalk

**Monica Iofciu\_OT** @Monicalofciu

7 days ago

#OTalk Q1: 2018 had 3 big highlights for me: starting a band 5 rotational post, starting a rotation in ED and also attending my first big @theRCOT event: #RCOT18. Organing an event for #OTweek18 and making #OTpledge has been fun.

**OTalk** @OTalk\_

7 days ago

Good tip! #OTalk

**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

RT @Monicalofciu: #OTalk Q1: 2018 had 3 big highlights for me: starting a band 5 rotational post, starting a rotation in ED and also atten...

**Sophie is my name.** @ciderwithsophie

7 days ago

@OTalk\_ I'd like to think everyone does but I think we have to be realistic that the people that don't, are likely not engaging in #OTalk. Equally, it's not just enough to say it. Does everyone action it? #OTalk

**#Hellomynnameis Sarah** @SLawsonOT

7 days ago

@AideenKa @OTalk\_ Is it a case of not starting or maybe not recognising the things you may already be engaging in which could be CPD? #otalk @hearled

**Sophie is my name.** @ciderwithsophie

7 days ago

@OTalk\_ Oops I hashtagged #OTalk twice !!

**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

RT @sherlynmelody: @OTalk\_ #otalk all the time. You end up collecting lots of info that you forget about. Not great and when you do need it...

**Gilly- does- Doing** @GillyGorry


7 days ago


@SLawsonOT Used direct in practice, used for applying to #rcot2019 (abstract accepted) used to get my OT mojo back after 6months off sick. #OTalk


**Deb Hearle** @hearled


7 days ago


@AideenKa @OTalk\_ @SLawsonOT As a student you learn so much but it's important to flag those experiences/activities that have a significant impact on what you do in the future #otalk


**Deb Hearle** @hearled 7 days ago  
 RT @SLawsonOT: @\_rachelOT @senseaware\_sw Yes, all those leadership and business skills are potentially just as valid towards your CPD #otalk


**sherlyn graham** @sherlynmelody 7 days ago  
 @ciderwithsophie @SophieHeywood29 @SLawsonOT @CalvertTrust #otalk can I get access to this video @ciderwithsophie


**Sophie is my name.** @ciderwithsophie 7 days ago  
 @sherlynmelody @OTalk\_ Love a quiz !! #OTalk


**Emma Pickup** @EmmaP\_OT 7 days ago  
 @OTalk\_ I feel lucky to be in a position where all my learning is beginning to shape me as a practitioner-to-be, but I have found reflecting on activities particularly beneficial towards my own personal development #otalk


**#Hellomynameis Sarah** @SLawsonOT 7 days ago  
 RT @hearled: @colourful\_ot @ChloeHagueOT @SLawsonOT Good point #otalk sometimes it is really helpful to take a step back and forget about i...


**Bill Wong, OTD, OTR/L** @BillWongOT 7 days ago  
 @sherlynmelody @OTalk\_ In my case will be a refresher and reinforcement. Having context in terms of how far the placement students are coming along will make me improve my overall assessment of their performance. #otalk

**#Hellomynameis Sarah** @SLawsonOT 7 days ago  
 @hearled @colourful\_ot @ChloeHagueOT That's also why it can be important to revisit reflections to see how you have developed and used that learning #otalk

**Deb Hearle** @hearled 7 days ago  
 @SLawsonOT @Kirstie\_OT And if I'm honest, others have been a much more significant part of my professional growth than any course I have attended #otalk

**Kirstie** @Kirstie\_OT 7 days ago  
 Just dont over do it. As someone who is still learning to say no, balance is key. Love my volunteering roles but sometimes overwhelmed by the follow up & application of what im achieveing/learning #OTalk

**Bill Wong, OTD, OTR/L** @BillWongOT 7 days ago  
 RT @EmmaP\_OT: @OTalk\_ I feel lucky to be in a position where all my learning is beginning to shape me as a practitioner-to-be, but I have f...

**Monica lofcui\_OT** @Monicalofcui 7 days ago  
 RT @OTalk\_: Its your one hour #OTalk warning! We shall be taking "applying your learning in practice" with @SLawsonOT. <https://t.co/qAKJEQr...>

**Dr Stephanie Tempest** @SetG75

7 days ago

@dmay\_ot That's a really interesting point but at the same time there is value in putting into practice all those communication skills, leadership tips, reflective thinking abilities etc when working in student groups at uni...#OTalk

**Sophie is my name.** @ciderwithsophie

7 days ago

@SLawsonOT @Kirstie\_OT Ha I know, we've already had a brief discussion about it. And don't get me started on @GeekyOT s board game talk inspiring me to consider board games with older adults... #OTalk

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@dmay\_ot Good to hear you have it filed away and will be able to find it again when you do need to use it #otalk

**Carolina Cordero** @colourful\_ot

7 days ago

@SLawsonOT On my placement, I wrote weekly reflections including ideas for what to do differently next time, which I then tried to apply to my work the following week 😊 #OTalk

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

RT @OTalk\_: Absolutely...But does it always happen? Do we know how to apply it? Do we mean to come back to it and then move on? #OTalk http...

**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

@ciderwithsophie @sherlynmelody @OTalk\_ Well- for my program I am teaching... if you are 15 minutes late to class, you most likely can get a quiz. 😂 #otalk

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@OTalk\_ Good questions #otalk

**Deb Hearle** @hearled

7 days ago

@GillyGorry @OTalk\_ Absolutely! Sarah and I have an article coming out soon in the Journal of Continuing Education for the Health and Care Professionals defining CPD engagement ..... application is a core attribute #otalk

**Student Platform OT** @SPOTEurope

7 days ago

RT @OTalk\_: Good tip! #OTalk <https://t.co/yBA8WD0TvY>

**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

RT @colourful\_ot: @SLawsonOT On my placement, I wrote weekly reflections including ideas for what to do differently next time, which I then...

**Minh Tran** @otramblings

7 days ago

@SLawsonOT #otalk it has helped me by adding more 'tools' into my toolbox that I try out in real life

**OTalk @OTalk\_**

7 days ago

Another fab tip for students. Pick out the key points, some things (just like people & stories) will stay with you from student to practitioner, and its often for a good reason. #Otalk

**Bill Wong, OTD, OTR/L @BillWongOT**

7 days ago

@colourful\_ot @SLawsonOT If I have 12 week or 8 week placements, I can definitely make it a requirement. 🐾 But since I don't... as I only have one weekers, I can only provide that as a suggestion. #otalk

**#Hellomynameis Sarah @SLawsonOT**

7 days ago

@colourful\_ot @hearled @ChloeHagueOT Sometimes you need a bit of space to breath, think and plan #otalk

**Aideen Carroll @AideenKa**

7 days ago

@EmmaP\_OT @OTalk\_ #OTalk I'm the same. I find reflections extremely helpful when on placement.

**#Hellomynameis Sarah @SLawsonOT**

7 days ago

Q4: How have you Applied what you have learnt from your activities to benefit your service users? #OTalk

**Sophie is my name. @ciderwithsophie**

7 days ago

@Kirstie\_OT This is such a good point kirstie. In workplace too, sometimes I feel like my learning cannot always be passed on or used to make changes (organisational barriers etc), gotta manage that frustration...! #OTalk

**Bill Wong, OTD, OTR/L @BillWongOT**

7 days ago

@OTalk\_ And same goes with when you go back to academia too! Students love stories! #otalk

**#Hellomynameis Sarah @SLawsonOT**

7 days ago

@sherlynmelody @OTalk\_ That's why it can be important to Record your learning - the trick is to know what to record! #otalk

**OTalk @OTalk\_**

7 days ago

We are half way through tonights chat! Time flies... #OTalk <https://t.co/XhhpwrIS2F>

**deb\_OT @dmay\_ot**

7 days ago

@SetG75 Fair point, well made! Its one of the things about being a mature student. I know I've changed and my skills have evolved through the course - I'd love to figure out where and how much! #otalk

**Bill Wong, OTD, OTR/L @BillWongOT**

7 days ago

RT @otramblings: @SLawsonOT #otalk it has helped me by adding more 'tools' into my toolbox that I try out in real life





**OTalk @OTalk\_**  
Question 4... #OTalk

7 days ago



**Minh Tran @otramblings**  
@SLawsonOT @colourful\_ot @hearled @ChloeHagueOT #otalk I find it so hard when you work full time. Work can be so draining, the last thing you think of doing is reflecting about the day when you get home

7 days ago



**OTalk @OTalk\_**  
RT @SLawsonOT: Q4: How have you Applied what you have learnt from your activities to benefit your service users? #OTalk

7 days ago



**Sophie is my name. @ciderwithsophie**  
@hearled @SLawsonOT @Kirstie\_OT Also a really good point. Sometimes I feel like my team is lacking that "bouncing off" #OTalk

7 days ago



**Chloe Hague @ChloeHagueOT**  
@colourful\_ot @SLawsonOT Yes me too 😊 #OTalk

7 days ago



**Monica Iofciu\_OT @Monicalofciu**  
RT @OTalk\_: Question 3... #OTalk <https://t.co/TtSVwICCK1>

7 days ago



**Kelly M @OTontheTracks**  
RT @OTalk\_: Good tip! #OTalk <https://t.co/yBA8WD0TvY>

7 days ago



**Carolyn is an OT @CeeCeeOT**  
I'm late! #OTalk

7 days ago



**Student Platform OT @SPOTEurope**  
RT @SLawsonOT: Q4: How have you Applied what you have learnt from your activities to benefit your service users? #OTalk

7 days ago



**Gilly- does- Doing @GillyGorry**  
@OTalk\_ I think we learn all the time, but it's only when we take it out the filing cabinet, dust it off and do something with it that it becomes 'cpd' we can store for later, but we need to know we have it in tool kit for it not to be wasted #otalk

7 days ago



**Gilly- does- Doing @GillyGorry**  
RT @hearled: @GillyGorry @Kirstie\_OT Same for me when I was a carer #OTALK - really gives you a different and invaluable perspective .....i...

7 days ago



**#Hellomynameis Sarah @SLawsonOT**  
@SetG75 This is a great example of how learning in real life 'outside' of occupational therapy can bring new learning and skills which can be utilised in everyday practice #otalk

7 days ago

**Student Platform OT @SPOTEurope**

7 days ago

RT @hearled: @AideenKa @OTalk\_ @SLawsonOT As a student you learn so much but it's important to flag those experiences/activities that have...

**Deb Hearle @hearled**

7 days ago

RT @SLawsonOT: @hearled @colourful\_ot @ChloeHagueOT That's also why it can be important to revisit reflections to see how you have develop...

**Sophie Roberts @sophierobertsOT**

7 days ago

@SLawsonOT I was lucky enough to attend the RCOT children's course last year and my manager said in my mid year review that she can see a real positive difference in my assessments and the quality of the interventions I'm giving to my service users #OTalk 🙌

**OTalk @OTalk\_**

7 days ago

Dont forget those hashtags people! #OTalk

**#Hellomynameis Sarah @SLawsonOT**

7 days ago

RT @hearled: @SophieHeywood29 @SLawsonOT @CalvertTrust Volunteering can be an invaluable CPD experience #OTALK never underestimate the valu...

**Carolyn is an OT @CeeCeeOT**

7 days ago

RT @OTalk\_: Its your one hour #OTalk warning! We shall be taking "applying your learning in practice" with @SLawsonOT. <https://t.co/qAKJEQr...>

**sherlyn graham @sherlynmelody**

7 days ago

@AideenKa @EmmaP\_OT @OTalk\_ #otalk I always try and think of specific service users when I'm on training so when I visit them again I can possibly try out what I have learnt. Techniques, equipment, questions... Reflection #timepermitting #heavycaseloads 🙌

**OTalk @OTalk\_**

7 days ago

RT @GillyGorry: @OTalk\_ I think we learn all the time, but it's only when we take it out the filing cabinet, dust it off and do something w...

**Aideen Carroll @AideenKa**

7 days ago

@hearled @OTalk\_ @SLawsonOT #Otalk thank you for the tip Deb.

**Bill Wong, OTD, OTR/L @BillWongOT**

7 days ago

@otramblings @SLawsonOT @colourful\_ot @hearled @ChloeHagueOT I work full time, and then now have an adjunct position, and then on top of that I have 2 AOTA leadership positions and a TEDx event I got to curate. It's crazy I can somehow juggle them all while maintaining online presence. #otalk

**Sophie is my name. @ciderwithsophie**

7 days ago

@SLawsonOT Setting up an intergenerational group, training staff in reablement in dementia has positively impacted service provided and therefore outcomes for the person #OTalk

**Monica Iofciu\_OT** @Monicalofciu

7 days ago

RT @hearled: @SophieHeywood29 @SLawsonOT @CalvertTrust Volunteering can be an invaluable CPD experience #OTALK never underestimate the valu...

**Minh Tran** @otramblings

7 days ago

@GillyGorry @OTalk\_ #otalk but do you think sometimes we do change our practice but it is subtle and less tangible so we don't always notice?

**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

@OTalk\_ Indirectly- I think the fact that I got to teach students from what I know clinically will be a way to help our profession produce quality practitioners. #otalk

**Minh Tran** @otramblings

7 days ago

@OTalk\_ My bad #otalk

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@ciderwithsophie @OTalk\_ And is engaging in #otalk enough? how can we ensure that the rich learning impacts on our practice? #otalk

**sherlyn graham** @sherlynmelody

7 days ago

@BillWongOT @otramblings @SLawsonOT @colourful\_ot @hearled @ChloeHagueOT #otalk that sounds #craaaazaay!! #keepitup 🌞🌞

**Sophie Roberts** @sophierobertsOT

7 days ago

@SLawsonOT I have also recently completed my practice educator training and am hoping to have my first student soon! 🎉 #OTalk

**Minh Tran** @otramblings

7 days ago

@BillWongOT @SLawsonOT @colourful\_ot @hearled @ChloeHagueOT #otalk my god I have nothing to moan about then! 😊

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@GillyGorry Congratulations, looking forward to #RCOT2019 #otalk Glad to hear you've got your OT mojo back

**Carolina Cordero** 🌈 @colourful\_ot

7 days ago

@BillWongOT @SLawsonOT Hmm, might be a bit much to write a reflection every day for a week, but you could check in with them at the end of each day and ask them to tell you one thing that went well and one thing that could have been better - would prompt them to reflect a little #OTalk

**OTalk** @OTalk\_

7 days ago

How many people complete our reflect log after participating in an #OTalk 🤔

**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago



@ciderwithsophie @sherlynmelody @OTalk\_ In the course I am teaching... if you don't get 94% or higher, you fail it. Sure... most of the points are easy points. But the practicums can make or break your standing in the program. #otalk



**#Hellomynameis Sarah** @SLawsonOT  
Busy #otalk and struggling to keep up!

7 days ago



**OTalk** @OTalk\_  
#OTalk

7 days ago



**Deb Hearle** @hearled  
@sophierobertsOT @SLawsonOT That's excellent anecdotal evidence #OTALK can you unpick that further to understand exactly what you are doing differently and why?

7 days ago



**Sophie is my name.** @ciderwithsophie  
@SLawsonOT @OTalk\_ Feeding back to others things learnt in #OTalk, having actions to take forward.... #OTalk

7 days ago



**OTalk** @OTalk\_  
RT @ciderwithsophie: @SLawsonOT @OTalk\_ Feeding back to others things learnt in #OTalk, having actions to take forward.... #OTalk

7 days ago



**Gilly- does- Doing** @GillyGorry  
@otramblings @OTalk\_ Our practice is always evolving, it would do that naturally as we gain experience. I feel CPD is more directed, although sometimes people don't see the CPD in what they already do. Needs to be recorded and continuous, with some purpose. #otalk

7 days ago



**sherlyn graham** @sherlynmelody  
@OTalk\_ #otalk #confessiontime 🙄

7 days ago



**Michele Morgan** @MicheleMorganOT  
@OTalk\_ #OTalk by incorporating makerspace activities as modalities, our interns take away skills they can use most practice settings :)

7 days ago



**Bill Wong, OTD, OTR/L** @BillWongOT  
@otramblings @SLawsonOT @colourful\_ot @hearled @ChloeHagueOT Yes- curating a TEDx event can be like a 5-15 hour a week job in itself. It's a lot of privileges, but also huge responsibilities with great time pressure. #otalk

7 days ago



**Minh Tran** @otramblings  
Bit of a tangent - all the Practice Educators out there - anyone completed the APPLE accreditation? #OTalk

7 days ago

**Student Platform OT** @SPOTEurope  
RT @colourful\_ot: @BillWongOT @SLawsonOT Hmm, might be a bit much to write a

7 days ago



reflection every day for a week, but you could check in with t...



**Monica Iofciu\_OT** @Monicalofciu

7 days ago

@SLawsonOT #OTalk I was at #RCOT2018 and I prepared an in service training for the whole OT team in the hospital I work at. I personally found extremely useful the sessions on working in ED as I rotated to this area a few months after.



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@ciderwithsophie @hearled @Kirstie\_OT This is an aspect which is coming strongly out of our research, the importance of learning communities/culture can impact +ve/-ve on recognition of, engagement in and application of learning and CPD #otalk



**Monica Iofciu\_OT** @Monicalofciu

7 days ago

RT @SLawsonOT: Q2: If you were at #RCOT2018 in person, followed sessions on Twitter or read any of the blog squad posts what were your most...



**Dr Stephanie Tempest** @SetG75

7 days ago

@SLawsonOT Definitely... the volunteering I do as a school governor provides excellent strategic leadership #CPD activity. So important to engage in and apply learning within and beyond the profession #OTalk



**Sophie Roberts** @sophierobertsOT

7 days ago

@hearled @SLawsonOT #OTalk



**OTalk** @OTalk\_

7 days ago

Indeedy! Its that recognising when learning/CPD is happening! @SLawsonOT, funny how it always comes about isnt it! #Otalk



**Beth** @bethty\_s

7 days ago

@hearled @AideenKa @OTalk\_ @SLawsonOT Great advice 😊 #otalk



**Gilly- does- Doing** @GillyGorry

7 days ago

@SLawsonOT I think it was in my metaphorical filing cabinet. #otalk



**Carolina Cordero** 🌈 @colourful\_ot

7 days ago

@sherlynmelody @AideenKa @EmmaP\_OT @OTalk\_ I've been finding it useful even when I'm reading textbooks to try to think of people I've met on placement who I could have used a particular approach or activity with, and how I would have done it - helps me consider the practical things I might miss otherwise #OTalk



**Monica Iofciu\_OT** @Monicalofciu

7 days ago

RT @SLawsonOT: Q3: How have you Applied what you have learnt from your activities to benefit yourself? #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

@sherlynmelody @otramblings @SLawsonOT @colourful\_ot @hearled  
@ChloeHagueOT It is crazy! But that is the extra mile stuff we got to do sometimes to share #valueofot and show that we are players in community discussions. #otalk



**Deb Hearle** @hearled

7 days ago

@OTalk\_ My service users are my students - #otalk. I used my own experience of Prof Doc supervision and feedback from students to determine what I do and do not do with my students during their supervision....also integrating TRAMmCPD and RCOT career framework in our new curriculum



**Dr Stephanie Tempest** @SetG75

7 days ago

@dmay\_ot This is where the #RCOTCareerFramework helps - I know students who are mapping themselves at different points of academic year and across their years to see progress #OTalk



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

RT @colourful\_ot: @sherlynmelody @AideenKa @EmmaP\_OT @OTalk\_ I've been finding it useful even when I'm reading textbooks to try to think of...



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

RT @SetG75: @SLawsonOT Definitely... the volunteering I do as a school governor provides excellent strategic leadership #CPD activity. So i...



**deb\_OT** @dmay\_ot

7 days ago

I tend not to reflect directly on #otalk although some of the conversations it generates often become reflections as I process ideas from here and bounce them around with other people.



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

RT @Monicalofciu: @SLawsonOT #OTalk I was at #RCOT2018 and I prepared an in service training for the whole OT team in the hospital I work a...



**Gilly- does- Doing** @GillyGorry

7 days ago

@colourful\_ot @sherlynmelody @AideenKa @EmmaP\_OT @OTalk\_ That's a good tip! #otalk



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

Q5: How have you Applied what you have learnt from your activities to benefit your organisation? #OTalk



**OTalk** @OTalk\_

7 days ago

Having something tangible to affix your learning to is a great help, which is why placements are key. Visualising a previous client is a great way! #OTalk

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@colourful\_ot Have you been able to follow any of the points up beyond placement, in





your academic work? #otalk

**Sophie is my name.** @ciderwithsophie

7 days ago



@SLawsonOT @hearled @Kirstie\_OT It's something I've noticed more recently and the result has actually then negatively impacted me-although reflecting I'm not sure what much can be done, u can't force people to be as "into it"/geeky/driven about it as you 😊 #OTalk 1/2

**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago



@otramblings In US- AOTA has its own. It is not mandatory. I didn't get one because my crazy schedule makes it impossible for me to have 8-12 week students. #otalk

**#Hellomynameis Sarah** @SLawsonOT

7 days ago



RT @hearled: @GillyGorry @OTalk\_ Absolutely! Sarah and I have an article coming out soon in the Journal of Continuing Education for the Hea...

**OTalk** @OTalk\_

7 days ago



RT @dmay\_ot: I tend not to reflect directly on #otalk although some of the conversations it generates often become reflections as I process...

**Sophie is my name.** @ciderwithsophie

7 days ago



@SLawsonOT @hearled @Kirstie\_OT Almost feels like there's a danger of reaching a glass ceiling (I feel I'm there...) but thank God for #OTalk

**OTalk** @OTalk\_

7 days ago



Question 5... #OTalk

**OTalk** @OTalk\_

7 days ago



RT @SLawsonOT: Q5: How have you Applied what you have learnt from your activities to benefit your organisation? #OTalk

**#Hellomynameis Sarah** @SLawsonOT

7 days ago



@otramblings Can you expand a bit on what some of your 'tools' are ? #otalk

**Aideen Carroll** @AideenKa

7 days ago



@colourful\_ot @sherlynmelody @EmmaP\_OT @OTalk\_ #OTalk thanks for the helpful tips 😊.

**Carolina Cordero** 🌈 @colourful\_ot

7 days ago



@SLawsonOT @hearled @ChloeHagueOT Yes, especially for myself I know that I can tend to obsess over things I did wrong rather than focusing on what went well and making the most of that, so a bit of breathing room is important for me to get some perspective and look at things more positively #OTalk

**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago



@ciderwithsophie @SLawsonOT @hearled @Kirstie\_OT When I reached a glass ceiling 2 years ago, I took out a hammer and smashed it! #otalk



**Deb Hearle** @hearled

7 days ago

@SLawsonOT If you can't then I don't have a hope 😂 #otalk



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@AideenKa @EmmaP\_OT @OTalk\_ And at other times? Do you ever reflect on learning within uni or from everyday life? #otalk



**Sophie is my name.** @ciderwithsophie

7 days ago

@OTalk\_ 🙄😬😬😬😬😬 #OTalk <https://t.co/X6dDEKInRI>



**sherlyn graham** @sherlynmelody

7 days ago

@SLawsonOT #otalk happier services users. The more info I can share or demonstrate means things run smoother. Service users get a more prompt, efficient and evidence based service.



**Minh Tran** @otramblings

7 days ago

@SLawsonOT For instance, I recently attended a SAGE and THYME workshop which looks at communicating in difficult situations ie angry family members. It won't work for everyone but I have it in my tool box to pull out when I think it's appropriate. #otalk



**OTalk** @OTalk\_

7 days ago

@hearled @SLawsonOT You are both doing awesome! Only 15 minutes left! #Otalk



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@ciderwithsophie @Kirstie\_OT How can you build your own learning communities outside the organisational barriers, where you can engage in and share learning...apart from #otalk of course?



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

RT @OTalk\_: Having something tangible to affix your learning to is a great help, which is why placements are key. Visualising a previous cl...



**Monica lofcu\_OT** @Monicalofciu

7 days ago

@SLawsonOT #OTalk Going to #RCOT2018 after not having my abstract accepted last year, I spoke to the Learning and Development team during the event, applied the advice when writing the abstract for 2019 and I had my abstract accepted this time around.



**Aideen Carroll** @AideenKa

7 days ago

@OTalk\_ #OTalk thank you I will give that a go 😊.



**Minh Tran** @otramblings

7 days ago

@SLawsonOT So I guess my approach to CPD is to look at what I have learnt and how it can be used as a tool to help me in my practice #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

@OTalk\_ Or sometimes is what you learned from in school too. #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

RT @dmay\_ot: I tend not to reflect directly on #otalk although some of the conversations it generates often become reflections as I process...



**Gilly- does- Doing** @GillyGorry

7 days ago

@OTalk\_ Ermm.. as a team member I'm setting a bad example saying no... #musttryharder #otalk



**Monica Iofciu** @Monicalofciu

7 days ago

RT @SLawsonOT: Q4: How have you Applied what you have learnt from your activities to benefit your service users? #OTalk



**Deb Hearle** @hearled

7 days ago

@OTalk\_ My learning is now contributing to strategic decisions within the organisation, though sometimes it's hard to pinpoint where this learning can be attributed to #OTALK



**OTalk** @OTalk\_

7 days ago

Heading into the last 15 minutes now. Been a busy one! #Otalk <https://t.co/pzflUxAQY5>



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@ciderwithsophie Are you also able to articulate this for the organisation too? One of my findings has been that organisations less likely to support CPD if they do not perceive the benefit #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

@ciderwithsophie @SLawsonOT @hearled @Kirstie\_OT Yeah- the OT TEDx talk glass ceiling was what I referred to. Now I got the pleasure to put a new pane of glass at 3 for us! #otalk



**OTalk** @OTalk\_

7 days ago

@GillyGorry Lol ... cant say I do anything follow support either 🙄 #OTalk



**Rachel** @\_rachelOT

7 days ago

@SLawsonOT @OTalk\_ After attending @theRCOT conference I set up the sense-aware project, which led to the creation of a community sensory hub, offering groups for young people to learn to build coping strategies. CPD has also enabled me to offer more in my support worker role whilst I study #otalk



**OTalk** @OTalk\_

7 days ago

RT @\_rachelOT: @SLawsonOT @OTalk\_ After attending @theRCOT conference I set up the sense-aware project, which led to the creation of a comm...

**Monica Iofciu\_OT** @Monicalofciu

7 days ago

RT @\_rachelOT: @SLawsonOT @OTalk\_ After attending @theRCOT conference I set up the sense-aware project, which led to the creation of a comm...

**Carolyn is an OT** @CeeCeeOT

7 days ago

As I'm still fairly recently qualified, mainly learning on the job especially when changing role and setting #OTalk

**Deb Hearle** @hearled

7 days ago

@Monicalofciu @SLawsonOT Fantastic well done Monica 🍷🍷🍷 #otalk

**Gilly- does- Doing** @GillyGorry

7 days ago

@SLawsonOT @ciderwithsophie @Kirstie\_OT I would love to see more @NW\_RCOT @theRCOT local groups to support OTs. Community of practice so important #otalk

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@GillyGorry @otramblings @OTalk\_ Yes, the recognition of learning with the potential to become CPD is crucial - it's not necessarily about doing more but recognising what we already do #otalk

**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

@ciderwithsophie @SLawsonOT @hearled @Kirstie\_OT And another notable glass ceiling I have been shattering- the types of leadership roles I have been serving in AOTA and my perennial efforts at submitting to OT conferences globally! I am setting the bar higher for #actuallyautistic OT students and practitioners. #otalk

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

Q6: What other types of Application of your learning have you done? #OTalk

**Carolina Cordero** 🌈 @colourful\_ot

7 days ago

@SLawsonOT It's not something I've given a lot of thought to before now; I think I've been focused on applying learning from college to placement rather than vice-versa! It's definitely something I'm going to make an effort to do this semester before I go out on my final placement #OTalk

**Minh Tran** @otramblings

7 days ago

Bit late but bae has decided to join in the conversation lol #OTalk  
<https://t.co/Z1EwRKLYH8>

**OTalk** @OTalk\_

7 days ago

Question 6... #OTalk

**Deb Hearle** @hearled

7 days ago

@OTalk\_ #OTALK I so love your gifs 😂

**OTalk** @OTalk\_

7 days ago



RT @SLawsonOT: Q6: What other types of Application of your learning have you done?  
#OTalk



**Sophie is my name. @ciderwithsophie** 7 days ago  
@SLawsonOT The organisation benefit has been massive- senior managers have shared with the whole council with reports of people feeling inspired, staff retainment, keeping the residents at the scheme longer due to increased wellbeing, reduced cost of care etc etc #OTalk



**#Hellomynameis Sarah @SLawsonOT** 7 days ago  
@colourful\_ot @BillWongOT Yes, it could be verbal reflection instead #otalk



**Emma Pickup @EmmaP\_OT** 7 days ago  
@SLawsonOT @AideenKa @OTalk\_ Whoops I've forgot my #otalk #whoops



**OTalk @OTalk\_** 7 days ago  
@hearled Can always count on me for either animals or nerdy references 🐾 #Otalk



**Minh Tran @otramblings** 7 days ago  
@SLawsonOT What do you mean by other types of application? #otalk



**Sophie is my name. @ciderwithsophie** 7 days ago  
@GillyGorry @SLawsonOT @Kirstie\_OT @NW\_RCOT @theRCOT I think you make a really good point. Do those local groups need to revisit purpose/connection with therapists? #OTalk



**#Hellomynameis Sarah @SLawsonOT** 7 days ago  
@OTalk\_ How many do more than complete the reflection following #otalk and use something they have learnt?



**Minh Tran @otramblings** 7 days ago  
@hearled @OTalk\_ Me too! #otalk



**OTalk @OTalk\_** 7 days ago  
@EmmaP\_OT @SLawsonOT @AideenKa You corrected it before I told, so it totally doesnt count 😊 #Otalk



**Bill Wong, OTD, OTR/L @BillWongOT** 7 days ago  
RT @ciderwithsophie: @SLawsonOT The organisation benefit has been massive- senior managers have shared with the whole council with reports...



**Monica lofcui\_OT @Monicalofcui** 7 days ago  
RT @SLawsonOT: @ciderwithsophie @Kirstie\_OT How can you build your own learning communities outside the organisational barriers, where you...

**Dr Stephanie Tempest** @SetG75

7 days ago

@SLawsonOT I now feel much more confident in my ability to negotiate & understand multiple perspectives from my #CPD activities. This benefits the collaborations I have a work with my 'MDT' consisting of members, journalists, librarians, press officers, senior executives etc #OTalk

**OTalk** @OTalk\_

7 days ago

Ooooooooo, @SLawsonOT posing another challenging question. #OTalk #GuiltyOverHere

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@MicheleMorganOT @OTalk\_ Can I ask what makerspace activities are #otalk

**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

@OTalk\_ For me to do a presentation at a multidisciplinary autism conference was a huge deal for me. I always wanted to do one since 2010. I got my wish! Now I got to strategize a little bit to do more of that in my career. #otalk

**Sophie is my name.** @ciderwithsophie

7 days ago

@SLawsonOT @Kirstie\_OT Good point. No idea HALLLLP #OTALK

**Gilly- does- Doing** @GillyGorry

7 days ago

RT @SetG75: @SLawsonOT I now feel much more confident in my ability to negotiate & understand multiple perspectives from my #CPD activities...

**Sophie Heywood** @SophieHeywood29

7 days ago

@OTalk\_ #OTalk please can you direct me to the reflect log?

**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

RT @hearled: @OTalk\_ My learning is now contributing to strategic decisions within the organisation, though sometimes it's hard to pinpoint...

**Carolina Cordero** @colourful\_ot

7 days ago

@EmmaP\_OT @sherlynmelody @AideenKa @OTalk\_ Something I've learned about myself on placement is that I often feel a bit awkward talking to clients (especially with my educator there) so sometimes it's helpful just to visualise what I would say to someone, what my body language would be like, etc. #OTalk

**OTalk** @OTalk\_

7 days ago

@SophieHeywood29 If you head over to the #OTalk website, under resources there is a reflective log and certificate you can complete 👍

**IamAnOT** @IamAnOT19

7 days ago

RT @SetG75: @SLawsonOT Working with 20+ other professional organisations to write this has taught me so much about the value of multiple pe...

**Deb Hearle** @hearled

7 days ago





@colourful\_ot @SLawsonOT That's a great plan Carolina #otalk your peers and us as tutors learn so much from you applying and disseminating your learning back in University



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

@hearled @OTalk\_ My own learning in leadership- sure it has made me realized I have a ceiling with my abilities... but at least it was in a good way so that I won't do adverse things to the profession I love so much. #otalk



**iamAnOT** @iamAnOT19

7 days ago

RT @colourful\_ot: @SLawsonOT On my placement, I wrote weekly reflections including ideas for what to do differently next time, which I then...



**iamAnOT** @iamAnOT19

7 days ago

RT @SLawsonOT: Q1: What types of activities have you learnt the most from this year? #OTalk



**Deb Hearle** @hearled

7 days ago

@otramblings 🤔🤔 brilliant! #otalk



**iamAnOT** @iamAnOT19

7 days ago

RT @EmmaP\_OT: @OTalk\_ I feel lucky to be in a position where all my learning is beginning to shape me as a practitioner-to-be, but I have f...



**iamAnOT** @iamAnOT19

7 days ago

RT @SLawsonOT: Q4: How have you Applied what you have learnt from your activities to benefit your service users? #OTalk



**Gilly- does- Doing** @GillyGorry

7 days ago

@SLawsonOT @OTalk\_ Discussion often influences my practice. Leads to me doing more research, work discussion, practical application. The discussions influences #otalk team decisions and how we act in the best interest of of the community.



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@OTalk\_ Yes, it seems to be a skill to develop but can save so much time in the long run and help make CPD enjoyable rather than seeming a chore #otalk



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

RT @OTalk\_: Indeedly! Its that recognising when learning/CPD is happening! @SLawsonOT, funny how it always comes about isnt it! #Otalk https...



**iamAnOT** @iamAnOT19

7 days ago

RT @SLawsonOT: @ciderwithsophie @Kirstie\_OT How can you build your own learning communities outside the organisational barriers, where you...

**Deb Hearle** @hearled

7 days ago

RT @ciderwithsophie: @GillyGorry @SLawsonOT @Kirstie\_OT @NW\_RCOT @theRCOT I think you make a really good point. Do those local groups need...

**Emma Pickup** @EmmaP\_OT

7 days ago

@colourful\_ot @sherlynmelody @AideenKa @OTalk\_ That's a great point- I feel less confident sometimes doing something when my educator is there as I am being 'watched' I noticed this and reflected on it and discussed this with my educator- this is clearly something from me personally to investigate about myself #otalk

**Carolina Cordero** @colourful\_ot

7 days ago

@SLawsonOT @MicheleMorganOT @OTalk\_ My understanding is that they're collaborative spaces for people to work on tech/DIY projects - I'd love to hear more about them in an OT context! <https://t.co/lylp65zcEa> #OTalk

**lamAnOT** @lamAnOT19

7 days ago

RT @hearled: @SophieHeywood29 @SLawsonOT @CalvertTrust Volunteering can be an invaluable CPD experience #OTALK never underestimate the valu...

**lamAnOT** @lamAnOT19

7 days ago

RT @\_rachelOT: @SLawsonOT @OTalk\_ After attending @theRCOT conference I set up the sense-aware project, which led to the creation of a comm...

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

RT @SetG75: @dmay\_ot This is where the #RCOTCareerFramework helps - I know students who are mapping themselves at different points of acade...

**Molly Templeman** @OTmollyy

7 days ago

@SophieHeywood29 @OTalk\_ both written and verbal reflections through supervision regarding training opportunities I have been on. Also peer supervision and of course #OTalk. ED patients are highly intelligent and highly functioning patients therefore things learnt in training may be hard to use

**Minh Tran** @otramblings

7 days ago

@GillyGorry @SLawsonOT @OTalk\_ #otalk same here. I love discussions because it opens up new perspectives that I might not have seen before

**lamAnOT** @lamAnOT19

7 days ago

RT @OTalk\_: Having something tangible to affix your learning to is a great help, which is why placements are key. Visualising a previous cl...

**OTalk** @OTalk\_

7 days ago

Last 5 minutes of tonight's chat, any final thoughts @SLawsonOT? #OTalk <https://t.co/zyuGMiwC2H>

**Dr Stephanie Tempest** @SetG75

7 days ago

RT @SLawsonOT: @GillyGorry @otramblings @OTalk\_ Yes, the recognition of learning



with the potential to become CPD is crucial - it's not nec...



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@dmay\_ot the importance of other people strongly coming out of the chat tonight #otalk



**Gilly- does- Doing** @GillyGorry

7 days ago

@colourful\_ot @EmmaP\_OT @sherlynmelody @AideenKa @OTalk\_ It's hard to be yourself when under scrutiny. You'll gain confidence though, especially when working more independently. Rehearsing is a good strategy #OTalk



**lamAnOT** @lamAnOT19

7 days ago

RT @OTalk\_: Another fab tip for students. Pick out the key points, some things (just like people & stories) will stay with you from student...



**lamAnOT** @lamAnOT19

7 days ago

RT @Kirstie\_OT: Being a patient over the last few months has given me alot to reflect on. Learnt alot about the type of OT i am and my expe...



**lamAnOT** @lamAnOT19

7 days ago

RT @Kirstie\_OT: Links really well with the #RCOTCareerFramework @The\_HCPC standard & other #CPD tools such as @TRAMMCPD. #CPDnerd #CPDtoget...



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

RT @GillyGorry: @colourful\_ot @EmmaP\_OT @sherlynmelody @AideenKa @OTalk\_ It's hard to be yourself when under scrutiny. You'll gain confiden...



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

RT @otramblings: @GillyGorry @SLawsonOT @OTalk\_ #otalk same here. I love discussions because it opens up new perspectives that I might not...



**Deb Hearle** @hearled

7 days ago

@SLawsonOT @OTalk\_ #OTALK If im honest, even being a CPD nerd I am very poor at doing written reflections but I reflect a lot verbally with like minded colleagues and can change my views several times just within one conversation ..... again the power of communities of practice



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

RT @OTmollyy: @SophieHeywood29 @OTalk\_ both written and verbal reflections through supervision regarding training opportunities I have been...



**Sophie is my name.** @ciderwithsophie

7 days ago

@SLawsonOT @dmay\_ot Again a reason I wish my team /wider organisation would engage in #OTalk or the fb groups 😞

**Jo Watson** @JoWatson22

7 days ago



RT @SetG75: @SLawsonOT Working with 20+ other professional organisations to write this has taught me so much about the value of multiple pe...



**Kirstie @Kirstie\_OT**

7 days ago

I come away with sooo many more questions, views points & thoughts following discussions. Quite often with @SLawsonOT & @SetG75... so much so my head hurts sometimes and im left spinning 😊 #OTalk



**Bill Wong, OTD, OTR/L @BillWongOT**

7 days ago

@EmmaP\_OT @colourful\_ot @sherlynmelody @AideenKa @OTalk\_ Well- I will experience the same thing soon again... teaching as a real job teaching along side the program director will be a great opportunity for me. #otalk



**OTalk @OTalk\_**

7 days ago

👍👍 #OTalk



**Aideen Carroll @AideenKa**

7 days ago

@colourful\_ot @EmmaP\_OT @sherlynmelody @OTalk\_ #OTalk that's a great idea.



**Bill Wong, OTD, OTR/L @BillWongOT**

7 days ago

RT @hearled: @SLawsonOT @OTalk\_ #OTALK If im honest, even being a CPD nerd I am very poor at doing written reflections but I reflect a lot...



**Sophie is my name. @ciderwithsophie**

7 days ago

@OTalk\_ @SLawsonOT Feel like we need some kind of #OTalk debrief //mentor // reflective online hub



**Gilly- does- Doing @GillyGorry**

7 days ago

@ciderwithsophie @SLawsonOT @Kirstie\_OT @NW\_RCOT @theRCOT I would like to see a willingness for closed groups to open up and invite their Peers in. Most OTs stick within their employment group. Had difficulty getting people to commit when I tried to get them up and running. #otalk



**deb\_OT @dmay\_ot**

7 days ago

@SLawsonOT Most definitely. I reflect most when I run. It helps that I run with a GP, physio, pharmacist and often come home with a reading list! It's hard to record stuff though! #otalk



**Dr Stephanie Tempest @SetG75**

7 days ago

@OTalk\_ @SLawsonOT Learning becomes #CPD activity when we can show how it benefits our service users and / or improves the quality of service delivery .... now that's application 👍😊 #CPDTogether <https://t.co/Od9kd5wZp8> #OTalk <https://t.co/GPwjJJCvYo>



**Bill Wong, OTD, OTR/L @BillWongOT**

7 days ago

@ciderwithsophie @SLawsonOT @dmay\_ot I hear you. I think I will introduce to my teaching surroundings some interesting and cool tools that they may not know about. #otalk

**OTalk** @OTalk\_

7 days ago

RT @SetG75: @OTalk\_ @SLawsonOT Learning becomes #CPD activity when we can show how it benefits our service users and / or improves the qual...

**Minh Tran** @otramblings

7 days ago

RT @SetG75: @OTalk\_ @SLawsonOT Learning becomes #CPD activity when we can show how it benefits our service users and / or improves the qual...

**Gilly- does- Doing** @GillyGorry

7 days ago

RT @SetG75: @OTalk\_ @SLawsonOT Learning becomes #CPD activity when we can show how it benefits our service users and / or improves the qual...

**Deb Hearle** @hearded

7 days ago

@OTalk\_ @SLawsonOT My 'tired' brain will certainly be buzzing after tonight's #OTALK and your responses will I'm sure once again inform my CPD nerdy thinking ..... thanks @SLawsonOT and all you OTALK contributors for my expected lack of sleep tonight 😊

**Sophie is my name.** @ciderwithsophie

7 days ago

@BillWongOT @SLawsonOT @dmay\_ot I do this most weeks at meetings but often feel like people are like "Oh god she's on one again" lol. #OTalk

**Aideen Carroll** @AideenKa

7 days ago

@EmmaP\_OT @colourful\_ot @sherlynmelody @OTalk\_ #OTalk Yeah I'm the same. I'm more comfortable talking to patients and being myself when my educator isn't watching me.

**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

RT @GillyGorry: @ciderwithsophie @SLawsonOT @Kirstie\_OT @NW\_RCOT @theRCOT I would like to see a willingness for closed groups to open up an...

**OTalk** @OTalk\_

7 days ago

Tonights #OTalk participants might find this newly released (today!) document useful

**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@ciderwithsophie @hearded @Kirstie\_OT Interesting and so sad, have been in same situation myself, finding support outside helped and presenting a workshop at #RCOT2019 with @SetG75 on developing our own learning communities #otalk

**Suzanne Henshall** @Suze17

7 days ago

@SLawsonOT In our service we do a lot of vocational rehab and come together at a VR clinic to discuss cases, support problem solving, explore OT interventions etc as each case is so unique. We learn & share lots doing this. All of which benefits Service Users and us. #OTalk

**OTalk** @OTalk\_

7 days ago



The sign of a job well done! #OTalk



**Sophie is my name.** @ciderwithsophie

7 days ago

@SLawsonOT @hearled @colourful\_ot @ChloeHagueOT I find it hilarious reading back old reflections. It's like looking at old photos 🤔 #OTalk



**OTalk** @OTalk\_

7 days ago

#OTalk 22nd January 2019 – Being a rotational OT <https://t.co/9lhvTPZFuB>



**#Hellomynnameis Sarah** @SLawsonOT

7 days ago

I am running so behind with all the tweets, thank you everyone for joining in and we will review them over the next few days. Sorry if I haven't managed to respond to everyone #otalk



**Bill Wong, OTD, OTR/L** @BillWongOT

7 days ago

@ciderwithsophie @SLawsonOT @dmay\_ot Haha! I think I will hear a lot of "Oh! Bill is on TED talks stuff again." Over the course of this year on #OTalk.



**Liz McMullin** @lizmcmullin

7 days ago

RT @hearled: @SLawsonOT @OTalk\_ #OTALK If im honest, even being a CPD nerd I am very poor at doing written reflections but I reflect a lot...



**Sophie is my name.** @ciderwithsophie

7 days ago

@SLawsonOT @hearled @Kirstie\_OT @SetG75 Well I shall have to brave the journey up to see you guys present it won't I...!! #OTalk



**Gilly- does- Doing** @GillyGorry

7 days ago

@hearled @OTalk\_ @SLawsonOT Thanks for hosting ladies, great chat as always. That's @Kirstie\_OT for being on support, brilliant job, as usual! #otalk



**Minh Tran** @otramblings

7 days ago

@OTalk\_ Oh my god, no word of a lie, I was just thinking how this would be a great topic for #otalk I'm very excited. See you all next week!



**Gilly- does- Doing** @GillyGorry

7 days ago

RT @OTalk\_: #OTalk 22nd January 2019 – Being a rotational OT <https://t.co/9lhvTPZFuB>



**#Hellomynnameis Sarah** @SLawsonOT

7 days ago

@otramblings Are there ways you have used your learning which was unexpected, or had unexpected impact? #otalk






**OTalk** @OTalk\_


7 days ago


Well thats our official hour up! Please keep chatting, adding your thoughts & replies, we dont grab the transcript for a few days. A big thanks to @SLawsonOT for tonights topic & for being an awesome host, as always! #OTalk <https://t.co/2u8edcOScG>





 **Carolina Cordero**  @colourful\_ot 7 days ago  
@ciderwithsophie @BillWongOT @SLawsonOT @dmay\_ot That's me bringing up #OTalk chats in lectures 😊

 **Dr Stephanie Tempest** @SetG75 7 days ago  
@SLawsonOT @ciderwithsophie @hearled @Kirstie\_OT The barriers to learning are also interesting to explore ... too many to put in one tweet but I'm learning there are many reasons why people appear not to 'get it' - developing a culture of learning and a safe space to engage is so important but not always easy #OTalk


 **Lauren** @Lauren\_OT 7 days ago  
RT @OTalk\_: #OTalk 22nd January 2019 – Being a rotational OT <https://t.co/9lhvTPZFuB>


 **#Hellomynnameis Sarah** @SLawsonOT 7 days ago  
RT @SetG75: @SLawsonOT I now feel much more confident in my ability to negotiate & understand multiple perspectives from my #CPD activities...


 **#Hellomynnameis Sarah** @SLawsonOT 7 days ago  
RT @OTalk\_: Ooooooooo, @SLawsonOT posing another challenging question. #OTalk #GuiltyOverHere <https://t.co/nHrK93YCNt>


 **OTalk** @OTalk\_ 7 days ago  
If you have some learning you would like to apply or a topic to explore, why not host an #OTalk of your own? We are now taking booking from March onwards.

 **Bill Wong, OTD, OTR/L** @BillWongOT 7 days ago  
@colourful\_ot @ciderwithsophie @SLawsonOT @dmay\_ot Haha- I might have some tardy students host #remediationchats on topics they missed in the future. 🐾 #otalk

 **Sophie is my name.** @ciderwithsophie 7 days ago  
@SetG75 @SLawsonOT @hearled @Kirstie\_OT That is a topic in itself. We definitely have a safe space so that's not the issue...! #OTalk

 **OTalk** @OTalk\_ 7 days ago  
We shall be back next week when our #OTalk topic is "being a rotational OT" with @kerri\_schOT.

 **Carolyn is an OT** @CeeCeeOT 7 days ago  
RT @OTalk\_: #OTalk 22nd January 2019 – Being a rotational OT <https://t.co/9lhvTPZFuB>

 **Molly Templeman** @OTmollyy 7 days ago  
@OTalk\_ As a static OT i will be looking forward to next weeks #OTalk

**OTalk** @OTalk\_ 7 days ago  
Thank you all for your tweets, sharing & participation. This is @Kirstie\_OT signing off (im



flippin shattered, my wee Twitter break has clearly left me out of practice!) #OTalk Tweet you soon! <https://t.co/Sw6TAEphBo>



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@Kirstie\_OT @SetG75 Glad I'm not the only one! #otalk Enjoy the challenge though and it is certainly helps with my critical reasoning for my research #otalk



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

RT @SetG75: @OTalk\_ @SLawsonOT Learning becomes #CPD activity when we can show how it benefits our service users and / or improves the qual...



**Dawn Scull** @DawnScull

7 days ago

RT @SetG75: @OTalk\_ @SLawsonOT Learning becomes #CPD activity when we can show how it benefits our service users and / or improves the qual...



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

Me too, always impossible to sleep after hosting #otalk



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

For anyone interested @hearled and I are hosting a workshop at #RCOT2019 on The Application of Learning for CPD #otalk



**#Hellomynameis Sarah** @SLawsonOT

7 days ago

@OTalk\_ Thanks for your support, off for a lie down! #otalk

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